

The logo features the letters 'RSI' in a white serif font inside a blue diamond shape on the left. To its right, the words 'Wellness Watch' are written in a large, white, bold, sans-serif font with a blue outline. The background of the logo is a gradient of orange, yellow, and green.

RSI Wellness Watch



May is National Stroke Month

If you haven't considered preventive health measures against having a stroke, it's time to consider it now. Don't wait for a stroke to happen to you! Understanding and recognizing the signs of stroke and practicing ways to lower your risk for stroke, can help guide you on the right track for stroke prevention.

What is stroke?

Stroke, a type of cardiovascular disease, occurs when the blood supply to a part of your brain is interrupted or severely compromised, depriving brain tissue of oxygen and nutrients. Within a matter of minutes, brain cells begin to die because the affected part of your brain isn't getting the blood it requires.

There are two types of stroke:

1. **Ischemic**-This is when a clot blocks an artery and represents almost 90% of all strokes.
2. **Hemorrhagic**-This is a bleeding stroke which is caused by burst blood vessels in the brain.

Warning signs of stroke:

- Sudden numbness or weakness of the face, arm or leg-usually on one side of the body
- Sudden difficulty speaking or understanding speech (aphasia)
- Sudden vision difficulties in one or both eyes
- Sudden dizziness, loss of balance or loss of coordination
- Sudden severe headache with no known cause
- Confusion, or memory problems, spatial orientation or perception

Prevention Tips: Important things you can do to help lower your stroke risk

- **Blood Pressure, Cholesterol & Diabetes Screenings**
Know your numbers! Get tested regularly and help keep these numbers within a healthy range by exercising, following a healthy diet and maintaining a healthy weight.
- **Don't Smoke**
Kicking the habit reduces your risk of stroke. Several years after quitting, a former smoker's risk of stroke is the same as that of a non-smoker.
- **Manage Stress**
Because stress can increase your blood's tendency to clot, find ways to simplify your life and practice relaxation techniques on a routine basis.

Be a winner in the campaign for **Stroke Prevention!** To find out more about preventing stroke, please visit <http://www.strokeassociation.org>. Your health insurance carrier is also a good resource for information and services on living healthy and preventing chronic health conditions.